

## JFF Newsletter - December 2010

Dear Friends,

**Merry Christmas and Happy New Year 2011!**

In this newsletter, you'll find:

- Norm's notes from the farm,
- a link to a recent article in *The Wichita Eagle* mentioning Janzen Family Farms,
- news on Slow Food's new Wichita/Flint Hills group,
- and holiday recipe ideas.

For our latest photos, check out our photo gallery on our website here: [www.janzenfamilyfarms.com/photos.html](http://www.janzenfamilyfarms.com/photos.html), or meet us on Facebook at: [www.facebook.com/pages/Newton-KS/Janzen-Family-Farms/104855429573431](http://www.facebook.com/pages/Newton-KS/Janzen-Family-Farms/104855429573431).

### **Delicious Local Foods Make Useful Gifts:**

At this festive time of year, we'd like to remind you that Janzen Family Farms 100% grass-fed beef and flour from our Henry Creek Flour Mill make great gifts. You could present the actual meat, sure, but we admit that could be a little messy, so one idea would be to give a little voucher for an upcoming order. Some ideas for cuts would be: a couple of steaks or five or 10 pounds of ground beef, or even an eighth of a steer. Our freshly stone-milled certified organic whole wheat flour is wonderful for baking bread. A four-pound bag costs just \$5 (plus shipping). And, if your friend or relative isn't the type to work in the kitchen, you could give the gift of freshly baked bread from Little Red Hen Bakery, which is made with our flour and sold at Food for Thought in Wichita, or all three Whole Foods Association locations, also in Wichita. You can order the flour and beef directly from us.

### **JFF Mentioned in Local Food Story in *The Wichita Eagle*:**

Thanks to author Annie Calovich for writing about locally raised ingredients. Check it out at: [www.kansas.com/2010/11/22/1599439/locally-raised-ingredients-for.html](http://www.kansas.com/2010/11/22/1599439/locally-raised-ingredients-for.html).

### **Norm's Christmas notes from the farm!**

It has certainly been a warm and dry Fall season. We were able to get harvest done in a manner conducive to getting winter wheat planted and putting in 2000' of new water line. The new watering system will give our steers and calves a year round water supply on the brome pasture. And with proper fine tuning, freeze proof on the actual water tank.

We have 2 new baby calves this past month making a total of 13 calves in 2010. Our herd has grown to 37 head of red and black angus. All of which are now on winter grazing. There are still many projects to finish before the snow flies. Then I am looking forward to warm, quiet evenings and some occasional hot chocolate.

One of many projects that I need to do more research on, is the production and marketing of JFF Pizza. This past august we sampled 2 pizza prototypes and we received many positive comments. Many questions await to be answered as whether we have fresh / frozen, pizza in kit form, or just great JFF recipes for DIY pizza. Frankly I can see JFF doing some of all as so many of our ingredients are seasonal and I am looking forward to collaborating with the Janzen Family realm on a variety of recipes that we may develop. In addition, many of our JFF consumers are from a unique blend of social and economic backgrounds, that I believe they will request JFF have all pizza options available during the year. More on pizza in the Spring of 2011!

A very important final comment: I attended the Kansas Cattlemens Assoc. annual convention, 11-19-10, in Great Bend KS. The keynote speaker for the banquet was David Domina, Omaha, Nebraska. Domina is an attorney, [www.dominalaw.com](http://www.dominalaw.com) who may be best known as the lead counsel in Pickett vs Tyson. I believe that for the first time in my life I listened to a true Patriot of 'we the people'. Even though he spoke to a group of cattlemen (KCA), and addressed many issues concerning beef, the best part of his presentation was when he spoke of the plight of Alton Terry, a Tennessee chicken grower.

Alton Terry had a contract with Tyson to grow chickens which Tyson had provided (and retains ownership). When the birds are full grown, Tyson then transports the birds to a Tyson facility for weighing and processing, and ultimately the issuance of a check for Alton Terrys' efforts. Kind of like a fat farm in reverse. Instead of going to the farm to lose weight, the birds are sent to the Terry farm to grow and gain weight. And that growth is the primary fact in determining the financial pay-off. Alton Terry was denied the opportunity to see his efforts cross the scale. In addition to the obvious financial benefit, an accurate scale reading is important when assessing management practices, quality control and goal setting. When you buy apples at the grocery, you get to see them weighed. When JFF sells grain at the elevator, we see the scale reading. Ron Reagan would have said: "trust, but verify!" David Domina's final comment: "It is time to unite!"

Read more about it: <http://www.capitalpress.com/content/West-mp-packer-retaliation-052110>

May everyone have a safe and joyous Christmas!

### **SlowFood Wichita/Flint Hills**

We wanted to make sure you all know about the Wichita/Flint Hills chapter of the SlowFood movement. Some of us Janzens attended a really entertaining potluck with the group at Conrad Snider's Studio in Newton (Snider's website: [www.visit-snider.com/studio/resume.htm](http://www.visit-snider.com/studio/resume.htm)). Jen Root, chapter leader and founder, is a very

gracious host. Check out SlowFood Wichita/Flint Hills' Facebook page here: <http://www.facebook.com/pages/SlowFood-WichitaFlint-Hills/156624054183>. Learn more about SlowFood here: [www.slowfood.com](http://www.slowfood.com).

### **Ideas for those Special Holiday Meals:**

#### **Amazing Whole Wheat Pizza Dough**

Some of our family members, Ben & Marike, use the following recipe to make pizza dough about once a week, using our freshly stone-milled certified organic flour. Their kids, Calvin and Felix, give it a thumbs up. It's from Jack Bishop's *The Complete Italian Vegetarian Cookbook*, published by Houghton Mifflin, 1997. The recipe makes enough for two 12-inch pizzas.

- 1 1/2 cups warm water (105-115 degrees F)
- 2 teaspoons active dry yeast (1 envelope)
- 3 tablespoons extra-virgin olive oil
- 2 cups whole wheat flour
- 1 1/2 cups unbleached all-purpose flour
- 1 1/2 teaspoons kosher salt
- Cornmeal for sprinkling

#### **1. Making the Dough**

To make the dough in a food processor:

Pour the water into the work bowl of a food processor fitted with the metal blade. Add the yeast and oil and process for several seconds until smooth. Add the whole wheat and all-purpose flours and salt and process until the dough comes together in a ball, about 30 seconds.

To make the dough by hand:

Combine the water, yeast and oil in a large bowl, using a wooden spoon. Add the whole wheat and all-purpose flours and salt and continue to stir until the dough comes together. Turn the dough out onto a floured surface and knead until smooth and elastic, about 6 minutes.

To make the dough in a standing mixer:

Combine the water, yeast and oil in the large bowl of a mixer fitted with the paddle attachment. Stir in the whole wheat and all-purpose flours and salt. When the dough comes together, replace the paddle attachment. Stir in the whole wheat and all-purpose flours and salt. When the dough comes together, replace the paddle attachment with the dough hook. Knead until the dough is smooth and elastic, about 4 minutes.

2. Turn the dough into a lightly oiled large bowl and cover with a damp cloth. Let rise until the dough is puffy and has increased in bulk by 1 1/2 times, about 1 hour. Divide the dough in half and place each half in a separate lightly oiled medium bowl. Let rise, covered, for 20 minutes. (The dough can be refrigerated in separate airtight containers overnight or frozen for up to 1 month. Bring to room temperature before rolling out).
3. Lightly sprinkle a pizza peel or large rimless baking sheet with cornmeal. Flatten 1 dough ball into an 8-inch disk. Pat the disk several times to level out the dough. Slowly rotate the disk, stretching the dough to the side as you turn it. Thin the edge by flattening and stretching it with your fingertips. The circle of dough should have a diameter of about 12 inches.
4. Top and bake the pizza as desired. Repeat with the second dough ball, if using.

### **Boeuf à la Gordienne (Beef stewed in red wine)**

This is Kristi's favorite beef stew recipe, and it's always a big hit for a special meal. It's from *The Taste of France*, by Robert Freson, published by Stewart, Tabori & Chang, 1983. For the bacon, just do your best to find what you can; some form of bacon really enriches the flavor. As noted in the original recipe, the calf's foot is optional (and I have never used it). I tend to include more carrots than called for and don't worry if I don't have the savory or fresh marjoram, as can be hard to find. Also, the shallots really do lend a special flavor, but onions can be substituted, if necessary. For the accompaniment mentioned, I use all Gruyère and no Parmesan. Finally, the recipe notes it serves 6, but I would say that, with the cheesy macaroni, it definitely serves 8.

Main ingredients:

- 3 pounds stewing beef
- 6 T olive oil
- 1/3 pound lean streaky unsmoked bacon, cut into lardons
- 2 shallots, chopped
- Salt, freshly ground pepper
- 1 calf's foot, split and blanched (optional)

For the marinade:

- About 4 cups red wine
- ¾ cup wine vinegar
- 2 onions, sliced
- 3 carrots, cut into fine rounds
- 2 garlic cloves, crushed
- Several pinches of crumbled dried herbs

- 1 *bouquet garni* containing a strips of orange zest, parsley stems and root, bay leaf, celery rib, leek greens, savory, oregano, thyme and marjoram

The night before, cut the beef into cubes and marinate in a bowl with the marinade ingredients.

About 5 hours before serving, remove the meat from the marinade and pat dry, reserving the marinade. In a large casserole heat the olive oil and sauté the bacon and the shallots. When the fat starts to run from the bacon, add the beef and brown all over. Strain the marinade and add the vegetables to the casserole. Stir them around and let them brown a little; add the *bouquet garni* and the liquid from the marinade. The beef should be just covered with the liquid; if necessary, add more wine. Season well with salt and pepper.

Cover the pot, using a sheet of oiled parchment paper and then the lid to seal it hermetically. Bring the mixture to a boil, reduce the heat, and simmer for 3 hours or longer. Discard the *bouquet de garni*.

To serve hot, skim off any fat from the top. To serve cold, add a calf's foot to the other ingredients.

The traditional accompaniment to *boeuf à la Gordienne* served hot is *macaronade*, a long macaroni. Cook it in boiling salted water until just tender (about 15 minutes) and drain. Transfer to a buttered oven dish and sprinkle layers of the macaroni with Parmesan cheese or a mixture of Parmesan and Gruyère. Moisten with a ladleful of the gravy from the beef and heat through in a hot (400°) oven for about 10 minutes. Serves six.

### **Thanks:**

As always, we sincerely thank you for your business and interest in our farm. We appreciate it very much not only when you buy from us, but also when you interact with us by visiting or asking questions. Thanks also for talking about us with your friends and spreading the word. We wish you all the best in 2011.

Sincerely,

All of us at Janzen Family Farms